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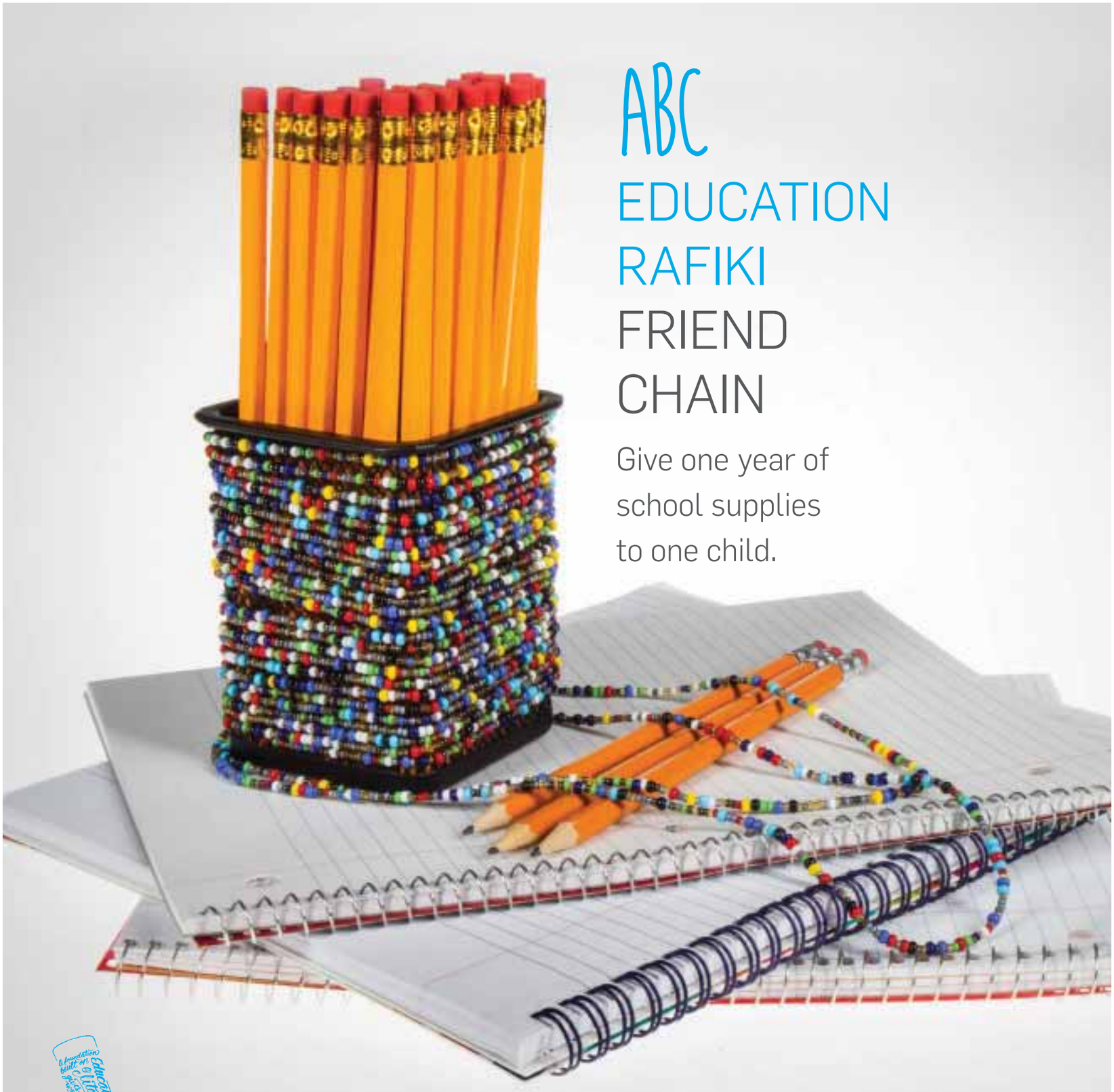

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BIGGER STAKES

VAMPIRE WEEKEND'S THIRD ALBUM HAS THE BAND REFLECTING ON WHAT IT ALL MEANS

PAGE 11

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# CITIZENS ON PATROL

**CAA Manitoba's annual School Zone Safety Assessment saw road-safety experts and traffic cops set up around three Winnipeg schools on Wednesday to watch how safely drivers behaved around schools. Read about the results on page 4.** SHANE GIBSON/METRO

# Tolls worth considering: Mayor Katz

**Palatable?** Mayor says transportation authority close to becoming a reality

BERNICE PONTANILLA
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A day after a city committee kiboshed an attempt to have toll roads and bridges studied, Mayor Sam Katz said it's a debate worth having.

On Tuesday, members of the infrastructure renewal and public works committee voted against Coun. Ross Eadie's motion to have the public service take a closer look at tolls.

Katz said on Wednesday that he doesn't believe in charging Winnipeg residents to driving on existing roads.

"I don't think (that's) very palatable," said Katz.

"I believe that if you build a road which will get you or me ... from point A to point B quicker than the alternative, there might (be) some merit because you have an option."

Katz said with conversations on the 2014 municipal budget well underway, charging those who live outside city limits yet use city infrastructure will likely be looked at.

"The logic behind it is that people outside of the city pay zero property taxes to the City of Winnipeg ... and yet they're using all of the city's services," added Katz.

Coun. Dan Vandal, chair of the infrastructure committee, said on Tuesday the toll conversation is best left with the planned new transportation authority.

Katz said talks with the provincial government have taken place and this authority is close to being established.

"I think everybody believes that it's time to move forward on a transportation/transit authority," said Katz.

"By the same token, I'm not convinced that's reason not to discuss it at a committee level.... You can always discuss it, if you don't like it then you don't support it."

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# Boy, 10, fights for his life in hospital after being hit by van

**Critical condition.**
Neighbours call for better safety measures on 'busy thoroughfare'

SHANE GIBSON
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A young boy is fighting for his life in hospital after being hit by a van while walking to school in West Broadway Wednesday morning.

Police and emergency crews were called to the corner of Langside Street and Westminster Avenue shortly before 9 a.m. where the 10-year-old boy had been hit by a Derksen Plumbing and Heating van.

The boy was rushed to hospital in critical condition, and police didn't have an update on his condition by press time.

"When an accident like this occurs, whether it's the child's fault or the motorist's fault, I can guarantee you that motorist is going to feel awful," said police spokesperson Const. Eric Hofley. "School is now back in session and of course children are out and about on their way to school and motorists have to be more than vigilant."

Neighbours who gathered around the taped-off scene told reporters that the section of Westminster Avenue where the boy was hit is often used as a shortcut for drivers during the morning rush.

"They come down this street because there's not a lot of traffic, and they can escape all the busyness of Portage Avenue … it could happen to any one of our children at any time," said Indira Ramparsav, who lives nearby and walked past the intersection with her 20-month-old son in a stroller around noon. "I sit on my balcony and I can see them speeding and my friends and I have talked about this often — we need speed bumps on this street."

Police are still investigating and Hofley said it's too soon to say if any charges will be laid.

Winnipeg police had the corner of Westminster Avenue and Langside Street blocked for much of the day Wednesday after a 10-year-old boy was hit by a van on his way to school. The boy was taken to hospital in critical condition.
SHANE GIBSON/METRO

# Manitoba Métis tackle contentious hydro line

Manitoba's Métis federation is appealing an environmental licence granted for the construction of a controversial $3-billion hydro line.

President David Chartrand said the federation has formally registered an appeal with Conservation Minister Gord Mackintosh. A plan to build a 1,300-kilometre transmission line up the west side of Lake Manitoba would have a significant impact on the Métis, he said.

The hydro line is to run through the heart of Métis territory and would affect traditional cultural activities such as hunting, gathering and trapping. The area is already under "significant environmental stress," Chartrand added.

"The Manitoba government cannot continue to cavalierly ignore its constitutional obligations owing to the Manitoba Métis community in relation to new development in this province," Chartrand said in a statement Wednesday.

The province's Clean Environment Commission recommended in July that the government grant an environmental licence to the project, known as Bipole III. But the commission attached a number of conditions and criticized the province for not heeding previous recommendations to improve environmental assessments in Manitoba.

The commission also chided Manitoba Hydro for not consulting enough with aboriginal and Métis communities, Chartrand said.

"This licence now gives Manitoba Hydro 'carte blanche' to continue with the status quo," Chartrand said.

THE CANADIAN PRESS

# Mayor plays coy on whether he'll run again

Mayor Sam Katz said the political ties of potential rivals in next October's election "doesn't make a difference," even as those rivals are consistently coming from the conservative side of the spectrum.

Earlier this week, lawyer Brian Bowman and former city councillor Gord Steeves said they're mulling a mayoral run. These names are in addition to two current councillors, Paula Havixbeck and Scott Fielding.

All four have connections to the provincial Tories.

"From my point of view, whether they're Conservative, Liberal, NDP or totally non-affiliated like me, it is what it is, doesn't make a difference," Katz told reporters after Wednesday's executive policy committee.

Katz, known for his business-friendly policies and initiatives, said he doesn't take personally the fact that the Tories may have the mayor's seat in their sights.

"If you take something like that personal, you better take a long look in the mirror at yourself because you have a serious issue to deal with," he said.

For his part, Fielding said that while a mayoral candidate may have a political affiliation, in order to win, he or she needs "a big tent."

Mayor Sam Katz has yet to state whether he's going to run for re-election in 2014. METRO

"There's a lot of talented people that are out there and a lot of people are considering it," he told Metro on Wednesday.

"I don't think you can run just from running from the right or the left, I think you got to build a big tent of people from all different walks of life, not just from a party situation."

Katz said he's encouraged to see that "people are genuinely interested and hopefully committed to running for public office at the civic level, whether it's for mayor or whether it's for councillor," but would like to see more women and younger people vying for municipal government.

As for his own future, Katz once again stated that he has not made a decision.

BERNICE PONTANILLA/METRO

Const. Grant Lindgren of the Winnipeg police's Central Traffic Unit was out checking speeds outside Montrose School Wednesday morning as part of CAA Manitoba's third annual School Zone Safety Assessment. SHANE GIBSON/METRO

# Dangerous driving in school zones persists

**Third annual count.**
## CAA had teams watch habits of local drivers

SHANE GIBSON
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Wednesday morning marked the third year in a row CAA Manitoba set up teams of road safety experts around school zones in Winnipeg to watch the habits of drivers, and if this year's numbers are any indication, drivers have a lot of work to do.

In all, the teams — which included members of the Winnipeg police Central Traffic Unit checking speeds — counted 1,679 examples of risky driving around three schools over the hour-and-a-half leading up to the start of classes.

"The behaviour needs to improve," CAA president and CEO Mike Mager told Metro after the results were tallied. "We want to bring awareness to the fact that people need to be more careful, especially around schools."

The teams monitored Montrose School, Pacific Junction Elementary and Polson School and just shy of 400 drivers were caught speeding, 678 drivers didn't properly stop at a stop sign or crosswalk and 146 were caught driving while distracted.

While the campaign's intention was only to raise awareness and not hand out tickets, police felt they had no choice but to pull over one driver who was caught going 27 kilometres over the speed limit next to Montrose School around 8 a.m.

"It's reprehensible," said Staff Sgt. Rob Riffel of the WPS Central Traffic Unit. "We're talking about going almost 80 km/h in a 50 zone, there's no excuse for that in a non-school zone, never mind in a school zone.

**On the rise?**

**1,679**

This year's number of infractions is up, at 1,679, according to CAA. That is an increase over both the previous years, when 600 and 1,000 poor driving habits were spotted respectively. But CAA president and CEO Mike Mager said the numbers can be deceiving because each year more and more volunteers come out to watch drivers.

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City hall

## Soon you can talk to a 311 rep in person

Users of the City of Winnipeg's 311 service can soon talk face-to-face with a representative at city hall.

The city announced on Wednesday that it's expanding its 311 Contact Centre to include an in-person agent during regular business hours, 8:30 a.m. to 4:30 p.m. on weekdays, starting on Monday.

Among the services Winnipeggers can tap: They can report a problem, obtain information, make service requests, pay their water utility bill or dog licences and buy Winnipeg Transit bus passes.

METRO

**Crying over spilled beer.**
## Semi-truck full of wobbly pops crashes on Highway 10

Highway 10 was closed near Cranberry Portage, Man., after a semi-truck hauling beer crashed Wednesday morning, spilling its sweet nectar onto the roadway.

The single-vehicle crash happened shortly after 9 a.m. just south of Cranberry Portage.

The driver of the semi was taken to hospital in Flin Flon, Man., and has since been released.

Crews were on scene cleaning up the spilled cases of beer, and the semi remained on the road blocking traffic, according to RCMP. Cranberry Portage is just over 700 kilometres northwest of Winnipeg.

METRO

It looks like the aftermath of a frat party, but it's actually the scene of a crash where, sadly, the brewskis spilled on to the road. HANDOUT

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# U.S. Arabs divided over Syrian crisis

**'An elephant in the room'.** Opposing viewpoints over U.S. intervention exposing tension in Middle Eastern communities

Sawsan Jabri and Osama Siblani share Middle Eastern roots and the American dream. They also represent dissension among Arab-Americans over Syria's civil war and ideological, political and regional differences.

Jabri, a doctor from Syria, teaches microbiology. Siblani came from Lebanon to be an engineer and publishes the influential Arab-American News.

Each speaks for opposing camps. Jabri is a spokeswoman for the Syrian Expatriates Organization, a lobbying and fundraising group that staged rallies in support of the U.S. backing rebels in Syria's civil war. Siblani has opposed U.S. intervention through counter-demonstrations and the opinion pages of his newspaper.

When it comes to Syria, Siblani says, there's little room for agreement.

"I have been in this business for 29 years," he said. "I have never seen the community divided as much as we are divided today.... It is an elephant in the room all the time."

Siblani and Jabri agree that Syria has divided the U.S. Arab community despite a history of coexistence among religions, Islamic sects or countries.

"I don't know what's happened — people became more into everyone's identity," said Jabri, who contends that Assad's regime has used chemical weapons numerous times and he should be toppled and prosecuted. "The separation is not working in our direction."

Some of the rising tension reflects what's happening in community members' homelands. Lebanon and Syria share a complicated history and a web of political and sectarian ties and rivalries. Syria's civil war has intensified divisions. THE ASSOCIATED PRESS

**A long history**

**Positions on Syria have highlighted Arab ties to the U.S. that date back more than a century, when immigrants from the Arab world started arriving en masse.**

- They originally came from what today are known as Syria, Lebanon, Jordan, Israel or the Palestinian territories but then was Ottoman-controlled Syria.

## 12 years after 9/11 attacks, pain remains strong for many

Carrie Bergonia of Pennsylvania looks over the name of her fiancé, firefighter Joseph Ogren, at the 9/11 Memorial in New York Wednesday during ceremonies marking the 12th anniversary of the attacks on the World Trade Center. CHRIS PEDOTA/THE ASSOCIATED PRESS

## Boston. 'Clueless' airport fire drill condemned

Officials at Boston's Logan International Airport are apologizing for holding a fire drill, complete with smoke and flames, on the 12th anniversary of the Sept. 11, 2001, terrorist attacks.

The two hijacked jets that were flown into the World Trade Center towers in New York flew out of Logan. The runway fire drill, announced on the airport's Facebook page, drew harsh condemnation.

The Massachusetts Port Authority said in a statement that it "apologizes for conducting the fire training exercise and understands that it may have offended many of those touched by the events of Sept. 11."

"How clueless and insensitive can you be," one woman wrote on the airport's Facebook page. THE ASSOCIATED PRESS

## Benghazi. Bombing marks first anniversary of attack

A powerful car bomb exploded Wednesday near Libya's Foreign Ministry building in the heart of Benghazi, exactly one year after the attack there that killed the U.S. ambassador and three other Americans.

The early-morning blast on the 12th anniversary of the Sept. 11, 2001, terror attacks in the U.S. caused no serious casualties, though several passersby were slightly wounded, authorities said.

No group immediately claimed responsibility for the assault.

The bomb blew out a side wall of the building, leaving desks, filing cabinets and computers strewn among the concrete rubble. It also damaged the Benghazi branch of the Libyan Central Bank along a major thoroughfare in the city. THE ASSOCIATED PRESS

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# How much money are Canadians making?

Statistics Canada's third and final release of the 2011 National Household Survey data illustrates, among other things, how much Canadians earn and where they live. Some highlights:

THE CANADIAN PRESS

## The richest of the rich

For all the growing diversity the 2011 census and related surveys have portrayed in Canada, Wednesday's final release reveals a contrasting constant: the richest of the rich in Canada are married, middle-aged white men. The richest 10 per cent of individuals are making more than $80,400. And the very rich — the 272,600 individuals that make up the top one per cent — are all making more than $191,100. Those people are making an average of $381,300 each, 10 times the average Canadian income of $38,700.

## House-poor Canadians

One-quarter of Canadian households, about 3.3 million, spent 30 per cent or more of their total income on shelter, exceeding the Canada Mortgage and Housing Corporation's "affordability threshold." They paid an average of $1,259 a month, surpassing the 30 per cent mark by an average of $510. Sixty-nine per cent of households in Canada — 9.2 million out of 13.3 million — owned their dwelling in 2011, a marginal increase from 2006 compared with the more dramatic spikes in ownership of the previous 15 years. Four out of five households that purchased a home between 2006 and 2011 had a mortgage; one in five bought a condominium.

## Diversity in the workplace

As immigrant populations become more established and as women gain ground in the workplace, the income data will slowly start to reflect the broader diversity of the population, said Doug Norris, chief demographer at Environics Analytics. "Over time, I think you'll see that diversity creeping in." Already, the NHS shows second-generation immigrants are making far more money than the national median. And ethnic groups that are well-established in Canada, such as Japanese immigrants, are also well above the median.

Student debt

## Tuition fees to keep on rising, think-tank says

Canadian students hoping for some financial relief on the cost of their post-secondary education are in for a disappointment over the next few years, a prominent think-tank suggests.

A report from the Canadian Centre for Policy Alternatives forecasts the inflation-adjusted cost of an undergraduate university degree is expected to climb an average of 8.6 per cent over the next four years.

The inflation-adjusted cost of tuition and other fees averaged $2,243 across the country in 1990, the report showed. That figure had climbed to $6,254 for the 2012-13 academic year and is projected to keep rising. THE CANADIAN PRESS

# Armoured car killings. Shooter won't get out of prison for 40 years

A judge has sentenced an armoured car guard who gunned down four of his crewmates during a robbery to life in prison with no parole for at least 40 years.

Justice John Rooke accepted a joint submission from the Crown and Travis Baumgartner's defence lawyer.

The sentence is based on a federal law passed in 2011 that allows consecutive parole terms in cases involving multiple murders. The Crown has called it a first for Canada and the toughest sentence for a crime since the country's last execution in 1962.

"The deaths were senseless," said Rooke in an Edmonton courtroom Wednesday. "It's difficult to describe the revulsion of society and this court and the public."

Baumgartner, 22, pleaded guilty earlier this week to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder.

He shot his fellow guards with security company G4S during a routine night shift reloading bank machines at the University of Alberta in June 2012.

Killed were Eddie Rejano, 39, a father of three who had started working for the company six months earlier; newlywed Michelle Shegelski, 26; and Brian Ilesic, 35, the father of a daughter.

Matthew Schuman, who was 25 at the time, survived a bullet to the head.

THE CANADIAN PRESS

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# Lac-Mégantic cargo was as flammable as gas: Safety board

**Train disaster.** Oil on board should have been designated as more volatile; suitability of cars is also an issue

Transportation Safety Board lead investigator Don Ross points to a dangerous goods indicator on a rail car during a news conference in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

The crude oil that exploded into flame in the deadly Lac-Mégantic train derailment in July was as volatile as gasoline, but was documented as a less-dangerous product akin to diesel or bunker crude, the Transportation Safety Board says.

Lead investigator Don Ross said tests showed the oil was initially graded properly for road transport but was inexplicably downgraded when it came time to move it by rail.

"When we analyzed the product samples from the nine intact tank cars from the Lac-Mégantic accident we identified the product as having the characteristics of a packing group 2 flammable liquid," he told a news conference Wednesday. "Packing group 2 is the packing group that gasoline is in."

The Lac-Mégantic oil was improperly identified as a less-hazardous packing group 3 product, and investigators want to know why. "Is there any motivation? Why would that be shown the way it was, whether there was any commercial interest, any operating reason? We're asking all those questions," Ross said.

The July 6 crash killed 47 people and destroyed much of the centre of the picturesque Quebec town after the runaway train derailed and exploded in a fireball. THE CANADIAN PRESS

**Quoted**

**"The lower flash point of the crude oil explains in part why the crude oil ignited so quickly once the Class 111 tank cars were breached."**

Don Ross, lead investigator, Transportation Safety Board

## Careless consumers are a key cause of food waste: UN agency

The UN food agency says one-third of all food produced in the world gets wasted, amounting to a loss of $750 billion US a year. The Rome-based Food and Agricultural Organization said in a report Wednesday that food in developing countries is wasted mostly due to poor harvesting techniques, while in high-income areas the primary cause of waste is careless consumer behaviour. The most serious areas of waste are of cereals in Asia and meat in wealthy regions and Latin America. FAO stressed the importance of raising awareness among consumers. TEXT: THE ASSOCIATED PRESS; PHOTO: GETTY IMAGES FILE

**Auto bailout**

## Feds, Ontario sell part of GM stake

The federal and Ontario governments have sold a block of 30 million shares in General Motors valued in the neighbourhood of $1.1 billion, a portion of the equity they received when they bailed out the automaker in 2009.

Finance Minister Jim Flaherty said in an email the shares were sold at Tuesday's closing price of $37 US on the New York Stock Exchange, minus a small discount. THE CANADIAN PRESS

**Market Minute**

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# iT iSN'T iNTERESTING iF iT'S iNFALLIBLE

HE SAYS

**John Mazerolle**
metronews.ca

I was a late convert to smartphones, and like most late converts to anything I quickly became a fundamentalist zealot.

Before, I scoffed at people who wouldn't look away from their screens for anything short of a fresh bullet wound. Now I know you can get valuable information from the tourniquet app, improve the look of that wound using Instagram, or ask, "Siri, what it's all about?" as you die.

Whether I'm texting with people miles away while sitting across a dinner table from friends, or checking the weather while walking outside, my phone does all the things I didn't even know needed doing.

And this week the most iConic of all smartphones released the details of its latest iTerations. (i'M good at this.) The iPhone has not one but two new versions coming out soon, which means there'll be twice as many people standing in lines the morning of their release, just in case Apple only decides to make a few hundred.

To commemorate this once-in-a-while event, here's a brief history of the iPhone to read as you queue:

**1993:** Apple releases its first personal digital assistant, the Newton, a technology that leads to one good Simpsons joke, and nothing else. However, the device's inability to tell what the user is actually trying to write is later used in the iPhones' autocorrect feature.

**1990s:** Apple CEO Steve Jobs, thinking about his legacy, works on being an inspiration to the world and an a-- to everyone he knows, leaving no time for the smartphone until 14 years later.

**2007:** Jobs unveils the very first iPhone. Its two-inch screen sits on a frame roughly the size of a tennis court, and its processor can do an amazing 14 calculations a minute. Its 2,700 vacuum tubes can only be purchased from the Apple Store.

**2008:** The iPhone 3G includes a phone that runs on a prehistoric bird who chisels the images into a blank slate. The talking technology predates Siri, but doesn't catch on because of its corny one-liners.

**2010:** The iPhone 4 sends everything you do on it directly to the Oval Office. Apple is totally transparent about it, but nobody notices until three years later because it's written in one of those Terms of Agreement things and everybody skips to the accept button.

**2011:** Jobs uploads himself to the iCloud.

**Sept. 10, 2013:** Tech analysts say the new brightly-coloured, but less expensive iPhone 5C is likely meant to appeal to youth in emerging markets like China and India. The built-in cigarette lighter is a dead giveaway.

**Sept. 12, 2013:** The iPhone 24, speaking with the voice of Steve Jobs, comes from the future with its new time travel app to warn humanity not to allow Mark Zuckerberg's 2023 purchase of Apple. Before it can explain why, a 12-feet-tall robotic Zuckerberg reaches in from their time and pulls the phone back while letting loose a maniacal nerd-snort. Apple stock skyrockets.

ZOOM

## Sitting in a tin can far above the world

NASA IMAGES

### Stunning shot of a craft above Earth

It looks like a fancy beverage can — and is in fact carrying something worthwhile. This photo shows a Japanese unmanned spacecraft backdropped against a land mass of Earth. The HTV-4 craft was launched by Japan's Aerospace Exploration Agency (JAXA) last month to bring supplies to the International Space Station. METRO

On the HTV-4 was Kirobo, a 34 centimetre-high automaton which became the first robot to speak in space. It said, in Japanese: "On Aug. 21, 2013, a robot took one small step towards a brighter future for all. Good morning to everyone on Earth. This is Kirobo. I am the world's first talking robot astronaut. Nice to meet you."

### Fiery plunge back home

After backing away from the ISS following a one-month stay, the HTV-4 craft (nicknamed Kounotori) — loaded with trash from the space station — plunged back to Earth for a de-orbit disposal. The craft burned upon re-entry into Earth's atmosphere, with surviving fragments shattering across a preplanned location in the Pacific Ocean. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

**If you're of the sort who hasn't spent any time with a poem since the last time you were assigned one by a teacher, dip your toe back into the water with these frequently amusing Twitter accounts with a poetic heart.**

.REID/FLICKR

**@GooglePoetics:**
Crowd-sourced from the nonsense we're all guilty of asking Google about, this account finds surprising depth and humanity lurking in search terms suggested by Google's auto fill.

**@tricialockwood:**
The mighty Patricia Lockwood was a published poet before signing up for Twitter. It just happens to be a lucky stroke for all of us that the format is a perfect fit for her occasional surreal verses and pithy lines.

**@Pentametron:**
An algorithm that keeps a vigilant eye out for tweets that happen to be written in iambic pentameter, though it may come as little surprise that the authors of its retweets typically don't have poetry in mind.

Worth Mentioning

## Men with menopause? Yep, it's a thing

The ads tout testosterone treatments for "low T," but surprising new research shows a different hormone may play a role in less sex drive and more fat as men age. Estrogen — the female hormone — is needed by men, too, and the study gives the first clear evidence that too little of it can cause certain "male menopause" symptoms.

"A lot of things we think are due to testosterone deficiency are actually related to the estrogen deficiency that accompanies it," said Dr. Joel Finkelstein of Massachusetts General Hospital. He led the study.

Testosterone is the main male sex hormone. Men's bodies convert some of it into estrogen, and levels of both decline with age. Until now, there was no way to tell which hormone was responsible for complaints of diminished libido, strength and energy. THE ASSOCIATED PRESS

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# In which Federal Lights almost lost its best song

**Found in the Fog indeed.** I See Love was discarded, but Jodi Roy was all like, 'Are you crazy? That's the best one I've heard yet'

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Federal Lights celebrates the release of its new album We Were Found In The Fog tonight the West End Cultural Centre. CONTRIBUTED

I See Love — the lead single from Federal Lights' debut album We Were Found In The Fog — is currently sitting at No. 9 in CBC Radio 3's R3-30.

The song has been in top 10 of the Canadian indie music chart since it debuted at No. 1 on July 12.

Surprisingly, Jean-Guy Roy — the Winnipeg band's frontman and founder — initially scrapped the song, only retrieving it when his wife/bandmate Jodi Roy protested.

"Jodi was like 'Are, you crazy? That's the best one I've heard yet'," Roy says.

**The show**

- Federal Lights unveils We Were Found In The Fog tonight at the West End Cultural Centre. Rusty Matyas will open the show with a solo set. Tickets are $12 at the WECC, Into the Music, Music Trader or $15 at the door. Showtime is 8 p.m.

"After that, it came together super fast. I scrapped it in the morning and after Jodi said to keep working on it, we figured out the chorus, instrumentation, lyrics and everything within a half hour.

"We actually played it live that afternoon during an in-store at Into the Music."

In addition to Jodi, everyone in Federal Lights — which also includes bassist Rob Mitchell and drummer David Pankratz — had creative input on We Were Found In The Fog.

"With Carbon (Federal Lights' 2011 EP), Rob and myself just hashed out everything, wrote all the parts for everyone and did a lot of pre-production," Roy says.

"This one, we kind of left it blank, so everyone could put their own input into the songs.

"Rob and I both suffer severely from "demo-itis" and with Carbon we found it hard to duplicate what we had previously done in pre-production. This time around we thought we'd leave the pre-production pretty blank and just have those aha! moments in the studio."

Helping Federal Lights capture the Eureka effect was engineer Cam Loeppky (who recorded Carbon) and producer Rusty Matyas of Winnipeg band Imaginary Cities. He says Matyas is a natural in the studio.

"The way Rusty got me to relax behind the mic was unbelievable," Matyas says.

"We'd spend hours and hours a day just recording. We'd have the take in the first three or four, but since we were having so much fun, we'd do a few more for the hell of it. Then you really start to relax and all of a sudden the fifth take is the best one."

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Vampire Weekend has a new album out called Modern Vampires of the City. CONTRIBUTED

# Vampire getting longer in the tooth

**Modern Vampires of the City.** As the band prepares to hit the road, Ezra Koenig and Rostam Batmanglij are right where they belong

PAT HEALY
Metro World News in Boston

Vampire Weekend lyrics have always read a bit like witty TripAdvisor entries. Location is an essential part of the experience, whether it be the Cape Cod Kwassa Kwassa of their self-titled debut or the California English of 2010's Contra.

The band's latest release, Modern Vampires of the City throws in more geographical references than the first two albums combined. Anchorage, Oakland, Dar es Salaam, Providence, Phoenix and Santa Barbara all get lip service. Even though that could give the impression that the album is literally all over the map, the titular "City" they reference most is New York, and the collection of songs is possibly the band's most cohesive effort to date.

"On the first album, all of the places that I name checked in Cape Cod were places that I actually had been, albeit somewhat briefly," says singer Ezra Koenig.

He is sitting in a café down the street from his apartment on the Lower East Side. For a guy who sings with a band whose last two albums went to No. 1, he is comfortably anonymous in his neighbourhood. Only one passerby seems to slip into an "I know that guy from somewhere" expression.

"On the song Step on this album, there is a lot of name checking," Koenig continues, "and I've never been to someplace like Dar es Salaam, but part of that song is about somebody who in the beginning is talking about how they were going all of these different places, but really back at home is where they really have to figure things out."

It seems like Koenig spent a lot of time at home figuring things out. The theme of mortality is persistent throughout Modern Vampires with a lot of breath spent on uncertainty about what may be next, after this album and after this life. He says he feels like reflecting in this manner is almost a rite of passage for a band between albums two and three.

"Whether you're in college or in your early 20s doing whatever, there's a sense that it's an eternal springtime. And that's also true for a band that's making their first album. So we had that threefold: A bunch of young cats, fresh out of college, suddenly people have interest in our band," he says, reminiscing about Vampire Weekend's beginnings at Columbia University.

"Then when you do something a second time it's still exciting, and you're building and you start to get to the third time, and unless you're a total craven careerist, you're going to pause a little bit and be like, 'OK, so we're doing this for a third time. We're now five or six years older than when we started. Is this just a job? Are we just banging out products of varying degrees of quality, based on an initial template? Or are we trying to do something different?'"

He and songwriting cohort Rostam Batmanglij spent the better part of a year — writing songs and recording songs at Batmanglij's apartment under the Manhattan Bridge Overpass — making sure they were trying to do something different, and succeeding.

## Immediate goal

**Koenig's aim.** He says his goal isn't to have the most recent album be everybody's favourite Vampire Weekend album, just somebody's favourite. "That's the hardest thing to pull off: Sometimes everybody likes the first album the best, a handful of people like the second album the best and nobody likes the third album the best," he says. "It's not because I have a chip on my shoulder that's like, 'I want people to like this album more than the first two!' I just want there to exist people in the universe who could feel that way.

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| This Week | | Last Week | Weeks on List |
|---|---|---|---|
| 3. | NEVER GO BACK Lee Child | 10 | 2 |
| 4. | HOW THE LIGHT GETS IN Louise Penny | 6 | 3 |
| 5. | WINTER OF THE WORLD Ken Follett | 2 | 3 |
| 6. | INFERNO Dan Brown | 15 | 17 |
| 7. | THE CASUAL VACANCY JK Rowling | 14 | 8 |
| 8. | OMENS Kelley Armstrong | 3 | 4 |
| 9. | A HOUSE IN THE SKY Amanda Lindhout | 5 | 2 |
| 10. | THE INCONVENIENT INDIAN Thomas King | 20 | 5 |
| 11. | THE MAYAN SECRETS Clive Cussler | 17 | 2 |
| 12. | THE BONE SEASON Samantha Shannon | 4 | 4 |
| 13. | WAGING HEAVY PEACE Neil Young | 12 | 7 |
| 14. | THE END OF GROWTH Jeff Rubin | 9 | 2 |
| 15. | THE RETURNED Jason Mott | 8 | 2 |
| ★16. | STEVE JOBS Walter Isaacson | - | 1 |
| ★17. | THE WITNESS WORE RED Rebecca Musser | - | 1 |
| ★18. | THE ORENDA Joseph Boyden | - | 1 |
| ★19. | W IS FOR WASTED Sue Grafton | - | 1 |
| ★20. | STILL FOOLIN' EM Billy Crystal | - | 1 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 16th
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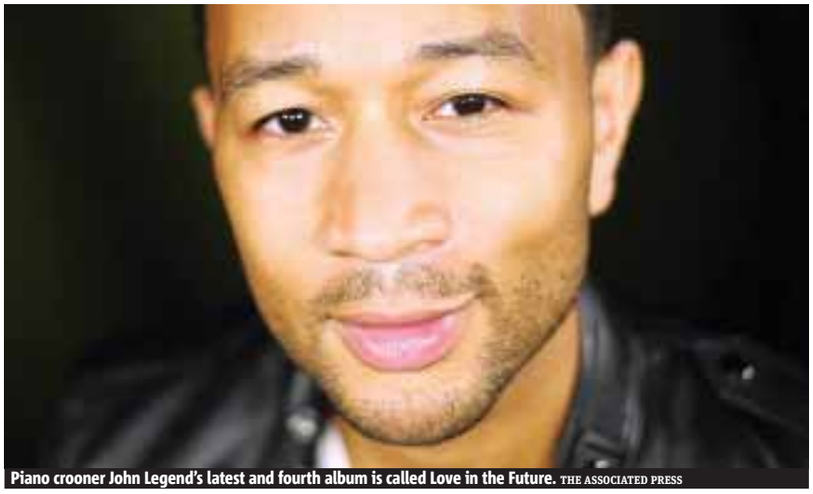
# Engaged John eager to become stuff of Legend

**Q&A.** R&B crooner John Legend talks about his new album, his upcoming wedding, Kanye West, achieving world recognition and the war in Syria



Piano crooner John Legend's latest and fourth album is called Love in the Future. THE ASSOCIATED PRESS

John Legend has one more thing to do before launching his fall tour: get married. The 34-year-old R&B singer is engaged to 27-year-old model Chrissy Teigen, the subject of most of the romantic songs that make up his new album, Love in the Future, released last week.

The wedding will be some time before he kicks off his tour Oct. 20 in Mashantucket, Conn., and marks a turning point for the piano-playing crooner, who since 2004's Get Lifted has been crafting songs about hook-ups, cheating and heartbreak as well as long-term commitment.

Appropriately, the nine-time Grammy winner's latest takes an overall more optimistic perspective on affairs of the heart, so much so that he says he's already considering how married life will affect his writing: "My fans probably don't want to listen to everything being awesome all the time."

Legend reconnected with longtime collaborator Kanye West for his fourth solo album, which includes hip-hop drum patterns and moments of humour the singer credits to West. Legend recently sat down with The Associated Press to talk about fame, stability, wedding plans and international policy.

**Your fiancée is very witty on Twitter, and you slide some jokes into many of your songs. How important is humour to you?**
Chrissy is hilarious and I'm a big comedy fan. We go to comedy clubs. ... I wish I was funnier myself. ... I surround myself with people who are different from me. Obviously, people always ask me, "How are you and Chrissy together?" And then people also ask me, "How are you and Kanye working together for so many years because you're so different?" But I think I gravitate toward people that are a little more outrageous than I am. And we complement each other well.

**Do you want Kanye-level fame?**
I want Kanye-level success. I don't think I'm craving any more fame. But success and being recognized for making great work all around the world, I think it's a great thing.

**What's your vision for your wedding? What do you want from it?**
I'm excited to get married, but I look at it as just a fun party where I want my friends to have a great time. ... I guess we should look good, too, so the pictures come out nice. But other than that, I feel like it's no pressure.

**Some songwriters make their best music when they're not in a stable relationship. It can also go the other way. Is that something you've thought about?**
I've written some of my better songs about the ups and downs of relationships. ... I've thought about, you know, what am I going to do two years from now? ... But I imagine that we'll have some ups and downs too, so I'll tell those stories, too.

**You're a supporter of President Barack Obama, but covered several anti-war songs from the 1960s and 1970s on the 2010 album you created with The Roots called Wake Up! Are you worried about U.S. military intervention in Syria?**
I am not anti-war in general. I am just anti-wars that I think are not a good idea. I didn't think the Iraq war was a good idea. ... I do understand the impulse to want to punish countries for using chemical weapons. I do understand the humanitarian impulse when you see 100,000 people getting slaughtered ... but we have to be very cautious about getting into another long conflict in the Middle East. ... We know that al-Qaida's infiltrated the rebel forces in Syria. We know that either way, no matter who wins, there are significant groups within each side that might not be pro-America. So I think it's a very difficult decision to involve ourselves militarily in Syria.

THE ASSOCIATED PRESS

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# Boyden's new book a life-long goal

**The Orenda.** Author says that latest work of fiction is the book he was 'meant to write'

Joseph Boyden's new book, The Orenda, examines the brutal conflict between the Jesuits, the Huron-Wendat Nation, and the Iroquois in the New World of the mid-1600s. THE CANADIAN PRESS

Acclaimed author Joseph Boyden says his highly anticipated new novel, The Orenda, closes a chapter on a goal he's had his entire life.

On sale now, the story is an arresting fictional look at the sometimes brutal conflict between the Jesuits, the Huron-Wendat Nation and the Iroquois in the New World of the mid-1600s.

It's a rich period of history Boyden — who has Irish, Scottish and Métis roots — has been fascinated with since childhood, when he learned about it as a student at Toronto's Jesuit-run Brebeuf College School.

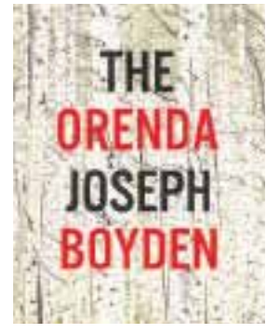
Boyden also spent his childhood summers on Beckwith Island in Ontario's picturesque Georgian Bay area. Beckwith overlooks Christian Island, where Hurons fled with Jesuit missionaries during battle with the Iroquois.

"I think it's one of a number of books I've wanted to write all my life," he said in a recent telephone interview. "But certainly it's one that I've thought about all of my life and wanted to write and had to wait until it was the right time to do it."

That time came after Boyden's novel Through Black Spruce won the 2008 Scotiabank Giller Prize just two years after his debut effort, Three Day Road, landed the Rogers Writers' Trust Fiction Prize and was shortlisted for a Governor General's Award. Both novels also explore aboriginal themes.

Boyden was of course thrilled to win the Giller, but he admits he became "depressed" after coming down from the high and feeling pressure to begin another project.

It took him two and a half years to write the first 50 pages of The Orenda, but then "the floodgates opened" and he went on to craft a nearly 500-page epic tale he feels is his "most accomplished novel."




"It's the first time I feel like I've matured finally as a writer," he said from New Orleans, where he lives when he's not in northern Ontario. "I'm not worried about the reviews; I'm not worried about any of it, because I really feel in my heart that this is the book I was meant to write, and it's a strong book.

"My wife, Amanda, who is my best editor, she thinks the same thing, so that makes me feel good as well."

The Orenda, which means "the soul" or "life force," details the first contact in Canada between Europe and aboriginal people through three main characters.

There's Christophe, a French Jesuit missionary determined to spread his religion to local tribes who call him "Crow" in reference to his flowing robe.

Bird is the calculating Huron warrior leader whose wife and children died at the hands of the rival Iroquois.

And Snow Falls is the young and spiritually gifted Iroquois girl Bird kidnapped along with Christophe in an act of revenge against the Haudenosaunee.

As the grieving Bird tries to take Snow Falls in as his own daughter, she and Christophe integrate themselves into the Huron village that's part of five separate but unified nations on Wendake land that Samuel de Champlain wants to conquer.

The Hurons are key traders, but their fortunes begin to fall when drought and illness arrive along with the threat of war from the Iroquois. Meanwhile, Christophe begins to gain power as more of his missionaries arrive and help him set up their own village.

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Zoe Saldana. ALL PHOTOS GETTY IMAGES

# Who-knew nuptials: Saldana weds Italian artist in hush-hush ceremony

Zoe Saldana was quite sneaky this past weekend, marrying Marco Perego in a super-secret ceremony in London before anyone could catch wise, according to Us Weekly. "It was super small but very romantic and beautiful," says a source of the ceremony, which was attended by just family and a handful of close friends. Saldana and Italian artist Perego "have known each other for a long time," the source explains, but they hadn't been officially linked until May.

# Crushing in Canada: Swift snuggles up to Aussie actor at TIFF party

Taylor Swift may have found a new man in Australian actor Brenton Thwaites. The pair met at a private party at the Toronto International Film Festival earlier this week and spent some time getting to know each other, according to People magazine. Swift and Thwaites nestled into a booth at the Soho House for an hour chatting and "making each other laugh," a source says. Thwaites "had his arm around her back. She touched his leg a few times. They seemed very into each other."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *How much to canoodle with KStew? Try half a million*

MELINDA TAUB
Metro World News in NYC

Everyone has a price, even Kristen Stewart. And as a New Yorker, I couldn't be more pleased that she does.

In a New York Times article on Harvey Weinstein, the film mogul mentions that he managed to line up a Saudi prince who promised to make a sizable donation to Hurricane Sandy relief efforts — if the Twilight star would hang out with him. When Weinstein got in touch with her, she had a question: How much?

Weinstein drove a hard bargain, settling on $500,000, paid in advance. Stewart then agreed to hang out with the prince for 15 minutes.

With hurricane season upon us once again, I call for all our Kristen Stewarts to be on high alert in case they're needed for some emergency shmoozing — especially since she'll be busy in the near future.

The Twilight star has enrolled in a correspondence course at UCLA, where she plans to study English literature.

"Yes, Kristen's a Tinseltown actress worth millions, but she is already considering a life after film. She never got to complete college and she wants to get a proper education," a source tells the Daily Mirror.

John Krasinski and Emily Blunt

# Baby Blunt watch: Actors expecting their first bundle of joy

Emily Blunt and John Krasinski are set to become parents for the first time, as Blunt is pregnant with their first child and is due in just a few months, her rep confirms to Us Weekly. "They both want kids. It's one of the reasons they got a bigger place, in a neighbourhood that you can raise a family," a source says. "They both couldn't be more excited."

# Walking with the stars: Famous faces sign up for charity challenge

Prince Harry has some stiff competition for his upcoming charity race to the South Pole, as True Blood star Alexander Skarsgard has signed on to the American team competing in the Walking With the Wounded South Pole Allied Challenge, a 208-mile trek that raises funds for military charities, according to USA Today. Skarsgard and Harry will be trekking alongside wounded military personnel from their respective countries. "I'm honoured to be working and training alongside these soldiers to raise money and awareness for this very worthy cause," Skarsgard says in a statement.

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# Target goes out on a Lim with collection

**Romancing the masses.** Designer says he's as passionate about creating a $29.99 shirt as he is about one for $299

TINA CHADHA
Metro World News in NYC

Phillip Lim believes you're just as busy as he is. It's why the designer — whose hotly anticipated 3.1 Phillip Lim collection for Target hits stores Sunday, just five days after the Spring ready-to-wear line debuts at New York Fashion Week — created an affordable fall line perfect for people on the go. We nailed down Lim to talk about his design process, why menswear is important and how to keep essentials from being boring.

**Congratulations on the Target collaboration! What was your main objective for the line?**
For me, it was about creating a chic, easy and cool collection for real people. I focused on the idea of a romanced reality and having ideas, products, clothes and accessories on the go for this romance.

Lim's 100-piece offering consists of chic, understated essentials you can rely on for just about any occasion — there's even a grab-and-go pack with underthings for those surprise last-minute trips. GETTY IMAGES

**How would you describe the codes of the 3.1 Phillip Lim brand?**
Phillip Lim is designed for the global citizen on the move with understated, elegant clothes that imbue a strong sense of discovery with hidden details just for the wearer.

**Your Target line has a strong focus on menswear. Why was it important to include the guys?**
Men are embracing fashion more and it was important to me that I create a collection for both men and women to easily incorporate into their wardrobes and their everyday lives.

**Retail reminiscence**

**Do you still shop at Target?**

- Yes, Target has just about everything. As a child, I remember Target as that place to get everything and just thinking, "they have everything here, all the dreams are here!"

**The collection is full of practical-yet-cool essentials. How did you keep these pieces from being boring?**
When in doubt, you can never go wrong with solids. It's important to stock up on chic basics as they cannot only be worn at different hours of the day, but also from season to season. Once that foundation was established, I sprinkled in things or ideas from my own collection.

**How did you choose to bring back certain pieces from your main line such as the comic book motif and colour block pastels?**
I took inspiration from archival pieces that we thought would also be of interest to Target's guests. All in all, designing the collection was a very similar process to that of my main collection, because in the end, I put the same amount of passion, energy, spirit, and time into designing the $29.99 shirt as I would for the $299 shirt.

**It's been a busy year for you. After your show wraps, what are your plans?**
Hopefully I will be off on the beach somewhere!

**Model call**

Erin Wasson. GETTY IMAGES

## In the moment with Erin Wasson

We caught up with the model at Vevo and Style Network's Styled to Rock party to find out about her runway outing at Alexander Wang and her fall wish list.

**What are you looking forward to wearing this fall?**
"I love outwear. I love a good jacket. I love a good boot. It's a time where you get to personify fashion because you get to create more layers."

**What's on your fall shopping list?**
"I just moved into a new house four months ago. So I'm obsessed with interior design right now. I geek out about lighting fixtures."
MWN IN NYC

**Trends Report**

- The popular shape of eyebrows evolves endlessly, from caterpillar-thick to super skinny arches and everything in between. Go online to see what the latest look is as seen on two current 'it' girls in film and fashion and let me know which eyebrow shape you prefer.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

**The Kit**

## Canadian street style

**Spotted in: Toronto**

### Caitlin

### Graphic designer and bartender

**What she's wearing**
H&M hat, American Apparel crop top, UNIF skirt, vintage belt and Michael Kors heels.

**Her inspiration**
"Images and videos from Tumblr, YouTube and blogs! My favourite YouTube chanel to watch for fashion ideas is Clothes Encounters."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

**One-minute miracle**

## Skin spritzers

### Vaseline Spray & Go, $9, at mass retailers

"Your favourite feel-good Vaseline moisturizers now come in easy-to-use Spray & Go formulas, perfect for those rush-out-the-door mornings. The non-greasy, quick-drying, super-absorbent spritzes come in Cocoa Radiant, Dry Skin and Aloe Fresh." Ashley Kowalewski , TheKit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

# When to add an accent

One of these walls is not like the other — and that's a good thing.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Accent walls can define a focal wall where a television sits, highlight a piece of art or simply change the mood of a room by injecting a small amount of colour on one of the walls.

Wondering about which wall in your house might be perfect for a splash of colour? Consider these ones: behind the headboard in the bedroom, where the mirror hangs in the bathroom or the wall the television or fireplace sits on in the living room.

Areas not to paint an accent wall are: a powder room, kitchen or foyer; keep all of those walls the same colour.

For less than $100 and an afternoon you can add a colourful accessory that can be changed as often as the trends change.

This fall, look for either dramatic tones or pretty colours to add an update to your rooms.

## Fashion

Para's Meritage PF20: The Merlot and burgundy colours are all over the fall fashion runways, so why not be ahead of the herd and add it to one wall? Looks best with: navy, gold, dark grey, deep green. para.com.

## Dark

Farrow & Ball's Stiffkey Blue 281: This is the easiest way to add a sense of importance and tradition to a modern space. This deep teal-grey blue looks great with pale blue or grey, deep brown and brassy gold; farrow-ball.com.

## Neutral

Colour Your World's Pasture Green Fresh: This warm green colour will perk up a dark space and bring the colour of nature inside. Looks best with rust, taupe, off white and cream. dulux.ca.

## Pastel

Benjamin Moore's Sycamore CC-350: Soft, pastel-like colours are predicted for spring, so get a jump on it. This peachy-taupe looks best with pale grey, pool blue, soft yellow and black. benjamin-moore.ca.

**A ROOM WITH A VIEW GETS DRAMA ADDED WITH A DEEP PURPLE-GREY ACCENT WALL. BEHR'S MAHARAJA 620F-7, BEHR.COM**

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# *Myth? Try this product for Dandruff relief*

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently while doing some research for an upcoming television segment I was exploring the different uses for baking soda.

I found one in particular to share that's so great, I now use it almost every day myself. You see, I suffer from dandruff. It is embarrassing and so after trying every shampoo in the drugstore, I finally went to see a dermatologist who gave me a special medicated shampoo. It works perfectly and I am very happy.

But while doing my research I read that washing your scalp with baking soda also helps control dandruff, so the next time I jumped into the shower I wet my scalp then scrubbed lightly with pure baking soda and let it sit while I finished my shower before rinsing it out. And to my great surprise it really works!

My head has stopped itching and I don't have a dandruff issue. It is so easy and works so well I just had to share this with all of you! Give it a try and write back and tell me your personal experiences.

# Rates. No need to panic for long term

LESLEY SCORGIE
For Metro

Rising mortgage rates have some Canadians in a panic to lock in for the long term.

But higher rates aren't necessarily bad. They force prospective homebuyers to save more prior to making their purchase, and ensure their personal debt levels are kept in check, ultimately protecting the broader Canadian economy from the perils of lax lending practices as seen in recent global financial crises.

Besides federal Finance Minister Jim Flaherty giving the banking industry a political nudge, fixed mortgage rates are rising due to the fact that they are closely tied to investor demand for government bonds, which has been on the rise.

One of the key implications of rising fixed mortgage rates is that it will be harder to qualify for a mortgage. This is because all mortgage applicants must now qualify under the posted five-year fixed mortgage rate, regardless of whether they select that type of mortgage or not.

Before you hang your head in frustration and give up on your search for a new home, rest assured, fixed mortgage rates are still highly attractive compared to historical standards. But you may need to save more for your down payment or reduce your debt levels in order to qualify. The silver lining in both of these options is that you will be better off financially in the long term.

The second implication is that in an environment where rates are increasing, many new homebuyers or owners on variable rate mortgages rush to lock in their rates, shielding themselves from the inevitability of higher borrowing costs. This strategy often suits risk-averse homebuyers.

But because the Bank of Canada's key lending rate, which is what the prime rate is tied to, has not increased in three years, Canadians with a higher appetite for risk can still take advantage of lower rate variable mortgages, which are derived off of the prime rate.

One of the first decisions to make when looking for a mortgage is whether you want financing through your financial institution, such as your local bank, or through a mortgage broker. COLOURBOX

# Pros and cons of banker vs. broker

Whether you have decided to purchase a new home or renovate the existing one, one of the first decisions you will have to make is whether to seek out financing through your financial institution, such as your local bank, or through a mortgage broker.

The benefits of working directly with your financial institution are that you may receive preferential rates and reduced fees because the bank wants to keep your business. Banks also offer personal loans or lines of credit, which can be used towards home upgrades, providing homeowners with an alternative to refinancing an existing mortgage, paying cash for or charging renovations to a credit card.

The drawbacks are simply that you are limited to the products and rates offered by your institution.

But with hundreds of mortgage products on the market, it's hard to know whether you are selecting the right one. Therefore, many Canadians are turning to mortgage brokers to help wade through the selection and save money.

An independent mortgage broker isn't tied to any financial institution and works on behalf of you, the client, rather than the lender. Because they are not employees of any lending institution, mortgage brokers seek out the best mortgage options to suit your specific situation from a multitude of lenders — banks, trusts, private companies, or insurance firms. Brokers may also have access to mortgage products for purposes of refinancing or financing home improvements.

Mortgage brokers work directly with lenders, thus they can often get instant approvals and negotiate better rates and terms on your behalf.

When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender, not the client. LESLEY SCORGIE

**Shop around**

- Before you sign up for a mortgage with any financial institution, shop around for the best rates and greatest repayment plan flexibility. Check out ratehub.ca for comparisons of the best mortgage rates in Canada among all financial institutions.

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# Curried Lamb Casserole: Not your mom's can-of-soup creation

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Casseroles are excellent one-dish meals.

You can substitute stewing beef and use any combination of other root vegetables such as potatoes, turnips or parsnips.

Serve this over rice, polenta, mashed potatoes or a grain of your choice.

**1.** Dust lamb with flour.

**2.** In large nonstick oven pot, heat oil, sauté lamb for 2 minutes or just until seared all over. Remove lamb and set aside.

**3.** To pot, add garlic and onion and sauté for 5 minutes until soft. Add carrots and green peppers and mushrooms and sauté for another 5 minutes or until mushrooms are no longer wet.

**4.** Add sweet potatoes, stock, wine, tomato paste and curry powder. Return lamb to pan; cover and simmer for 1 1/2 hours, stirring occasionally until lamb is tender. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

**Ingredients**

- 3/4 lb boneless leg of lamb, cut into 3/4-inch cubes
- All-purpose flour for dusting
- 1 tbsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped onion
- 1 cup finely chopped carrots
- 1/2 cup finely chopped sweet green pepper
- 1 cup cubed peeled sweet potatoes
- 1 1/2 cups sliced mushrooms
- 2 1/2 cups beef stock
- 1/3 cup red wine
- 3 tbsp tomato paste
- 2 tsp curry powder

**Curried Lamb Casserole with Sweet Potatoes**

**This recipe serves four and contains 296 calories per serving.** MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING.

**For your phone**

## Jamie's Recipes: Street Food (iPhone/iPad; $2.99 subscription)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

It's like having a food truck hiding in your kitchen. Jamie Oliver's latest recipe pack offers popcorn chicken, sweet potato wedges, dim sum buns, fish 'n' chips, and dazzling hotdogs.

# Bowl of classic French comfort

**1.** Preheat oven (325 F/ 160 C)

**2.** In shallow glass baking dish, combine flour and half each salt and pepper. Open chicken thighs and cut in half. Dredge in flour mix. In nonstick frying pan, heat oil over med-high. In batches, cook chicken 5 mins., turning halfway. Set aside.

**3.** Cut bacon strips crosswise into thin strips. In Dutch oven, cook bacon over med heat, 7 mins., stirring occasionally. Using slotted spoon, transfer to bowl, leaving fat behind. Add mushrooms, onions and carrots to Dutch oven; cook 3 mins., stirring occasionally. Stir in garlic, thyme and bay leaves; cook 2 minutes. Add red wine, broth, and remaining salt and pepper. Bring to boil. Add potatoes, browned chicken thighs and bacon. Cover and bake in centre of oven 1 hour.

**4.** Place colander over large shallow saucepan; strain mix into saucepan. Return chicken and veg to Dutch oven; cover to keep warm. Bring sauce to a boil. Boil for 10 minutes or until reduced by half. Return sauce to Dutch oven. Stir in parsley and serve. **PRESIDENT'S CHOICE**

**Ingredients**

- 3 tbsp (45 ml) all-purpose flour
- 1-1/2 tsp (7 ml) salt
- 1/2 tsp (2 ml) black pepper
- 2 lb (1 kg) PC Free From Boneless Skinless Chicken Thighs
- 2 tbsp (25 ml) canola oil
- 5 slices PC Free From Naturally Smoked Bacon
- 1 pkg (227 g) white button mushrooms, wiped clean
- 1-1/2 cups (375 ml) peeled pearl onions
- 1-1/2 cups (375 ml) diced carrots
- 2 tbsp (25 ml) minced garlic
- 1 tbsp (15 ml) chopped thyme
- 2 bay leaves
- 2 cups (500 ml) red wine
- 2 cups (500 ml) chicken broth
- 2 cups (500 ml) halved mini-ature new potatoes
- 3 tbsp (45 ml) chopped parsley

# Side or dinner. Gluten-free Mac 'n' Cheese

**1.** In large saucepan, heat broth covered over medium heat until it comes to a simmer, about 2 to 3 minutes. Uncover. Add cream cheese; cook, whisking, until it melts, about 3 to 4 minutes. Whisk in cheddar and pepper until cheese is melted, about 1 minute. Reduce heat to low to keep warm.

**2.** In large pot, bring 16 cups (4 L) salted water to a rapid boil. Add macaroni, stirring occasionally until water returns to a boil. Cook for 3 to 3-1/2 minutes, stirring occasionally, or until "al dente" or tender but firm. Drain well. Add to cheese sauce. Stir until well-coated, about 2 minutes. Serve immediately, garnished with chopped fresh parsley, if desired.

**PRESIDENT'S CHOICE**

**Ingredients**

- 1-1/2 cups (375 ml) PC Blue Menu Chicken Broth
- Half 250-g pkg cream cheese, cubed
- 2 cups (500 ml) shredded medium cheddar cheese
- 1/4 tsp (1 ml) freshly ground black pepper
- 1 pkg (340 g) PC Gluten-Free Macaroni

CFL

## League fines Riders centre, Ticats DB

The CFL fined Saskatchewan Roughriders centre Dominic Picard and Hamilton Tiger-Cats defensive back Dee Webb on Wednesday for separate on-field incidents.

Picard was fined for throwing a punch in a 25-13 loss to the Winnipeg Blue Bombers on Sunday. Webb was penalized for a dangerous hit to the head of BC Lions receiver Marco Iannuzzi in Hamilton's 37-29 victory on Saturday.

As per CFL policy, the fine amounts weren't disclosed. THE CANADIAN PRESS

CFL

## Duvernay-Tardif pegged as top 2014 draft prospect

The CFL Scouting Bureau has listed Laurent Duvernay-Tardif of the McGill Redmen as the top prospect for the 2014 Canadian college draft.

The six-foot-five, 305-pound Duvernay-Tardif was one of four offensive linemen named Wednesday in the September rankings list of the top 15 draft prospects. St. Francis Xavier University receiver Devon Bailey was ranked second and Montreal University offensive lineman David Foucault was third.

THE CANADIAN PRESS

MLB

## Yankees move up in wild-card race

Robinson Cano hit a tiebreaking homer leading off the ninth inning, and the New York Yankees beat the Baltimore Orioles 5-4 on Wednesday night. The Yankees moved past Baltimore and Cleveland in the AL wild-card hunt.

THE ASSOCIATED PRESS

Robinson Cano went deep for his 27th home run of the season. PATRICK SMITH/GETTY IMAGES

Dustin Byfuglien reported to training camp looking fit, said head coach Claude Noel. GETTY IMAGES FILE

# Jets arrive in West eyeing playoffs

**NHL.** Team in new Central Division with Blackhawks, Blues, Wild as rivals

Winnipeg Jets coach Claude Noel said Wednesday they have what it takes to compete in a new division and new conference this season, but they also have areas they must improve.

"I think that the Western Conference is a conference that's got size and speed — I think there's a little bit of difference in the conferences — but I think for our team we've got size, we've got speed," Noel said as training camp opened with player physicals.

"I think one of the areas we have to get better clearly is going to be our checking game. We have to get better at our goal differential. (It) has to really be on the right side of the ledger."

Last season, the Jets had a -16 goal differential and finished 18th in the 30-team league. All 17 teams above them with the exception of the Minnesota Wild (-5) were on the plus side or even.

The Jets are preparing to compete this season in the Western Conference in a new Central Division with the likes of Chicago, St. Louis and Minnesota, after finishing four points out of a playoff spot last season.

The Winnipeg franchise — which relocated from Atlanta in 2011 — hasn't seen the postseason since 2007 even though it used to be in the Eastern Conference's Southeast Division, usually one of the NHL's weakest.

Noel said he was really pleased at the condition of his players as they reported for camp, and that included defenceman Dustin Byfuglien, whose weight has always been a hot topic.

"I would look at him today, he looks very well, looks fit and I'm very happy to see where he's at, it looks like he's in a good place," said the coach.

"For Dustin, for me we just want him to be a guy who plays up to his capabilities.... Probably just the one thing for me is just to be more consistent in his game."

Byfuglien finished 11th in scoring among defencemen last season with 28 points in 43 games, after finishing second the year before with 53 points in 66 games.

The Jets need the big blueliner to be on his game if they want to become a playoff team. His time on ice last season, considering he missed five games, was easily in the top 10 among league defencemen.

THE CANADIAN PRESS

### Putting the pieces together

**Winnipeg added veteran forwards Devon Setoguchi and Michael Frolik over the summer. They also have 2011 draft pick Mark Scheifele in camp after a strong season in the Ontario Hockey League.**

- "The focus for me with some of the additions we've made is how we're going to make this team play the way we want it to play to elevate us to the point where we now become a playoff team," said head coach Claude Noel.
- Scheifele and 2012 draft pick defenceman Jacob Trouba look like the best bets out of prospect camp to stick in the NHL.

4 SPORTS

## Horoscopes

### Aries
**March 21 - April 20**
If you're not in the mood for work then don't push it. Your perspective on life is changing and because of that you may find it hard to focus on one thing at a time. It's no big deal.

### Taurus
**April 21 - May 21**
Anything of a serious nature should be left until tomorrow or even the weekend because you won't be able to give it your best shot today. Come tomorrow, you may decide it's not worth any kind of shot.

### Gemini
**May 22 - June 21**
A domestic problem requires a solution and the only way you are going to find it is by giving the situation your full attention. Don't let sob stories steer you away from the truth.

### Cancer
**June 22 - July 23**
Let everyone know what you think and let everyone know that you are not the sort who can be easily fooled. A positive, confident attitude will work wonders today, even if you are trembling a bit on the inside.

### Leo
**July 24 - Aug. 23**
You are worrying too much about your finances. Yes, of course, you have bills to pay but dwelling on it won't solve your cash flow issues. Get out there and make some money.

### Virgo
**Aug. 24 - Sept. 23**
It may at times seem as if the world is a hostile place but it's not as bad as you think. Make an effort to see the good things, and good people, around you today. You'll feel better on every level.

### Libra
**Sept. 24 - Oct. 23**
Whatever your aims in life, the most important thing you can do right now is make others happy. You have a gift for making people smile. Use it.

### Scorpio
**Oct. 24 - Nov. 22**
No matter what bad things may be going on in the world, you are fortunate enough to be surrounded by people who genuinely care for you. They think you're special, and you are. Treat them special, too.

### Sagittarius
**Nov. 23 - Dec. 21**
Don't let others' negativity rub off on you. You do best when you are cheerful, so steer clear of those who seem to enjoy wallowing in despair.

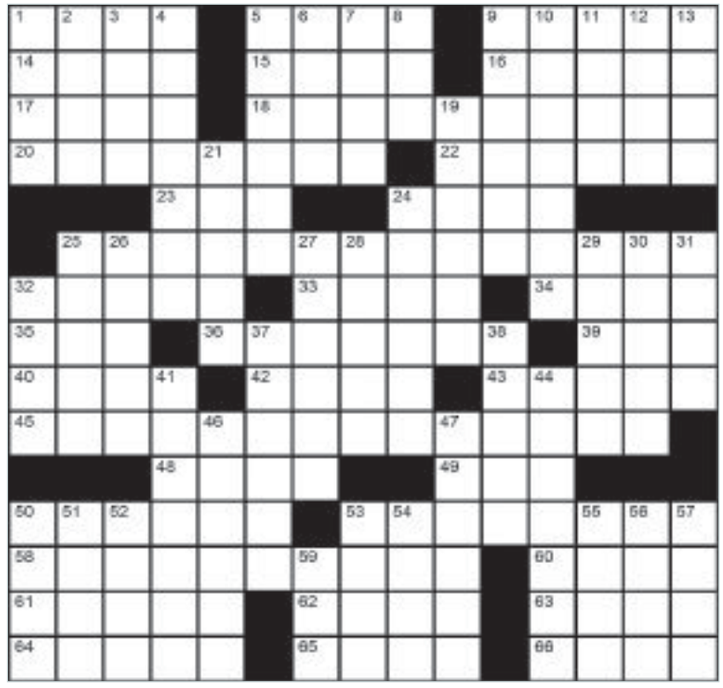
### Capricorn
**Dec. 22 - Jan. 20**
A small act of kindness on your part will make a big difference to someone you interact with today. Don't just go through the motions. Connect with them. It's about being human.

### Aquarius
**Jan. 21 - Feb. 19**
Sometimes you take life too seriously and that seems to be your main problem at the moment. Yes, of course, things could be better but, on the other hand, are they really so bad? It depends how you look at the world.

### Pisces
**Feb. 20 - March 20**
A loved one's words may be jumbled and hard to understand but make the effort anyway because once you "get" the message they are trying to convey, you will see how relevant it is to you. Listen and learn. **SALLY BROMPTON**

## Crossword: Canada Across and Down

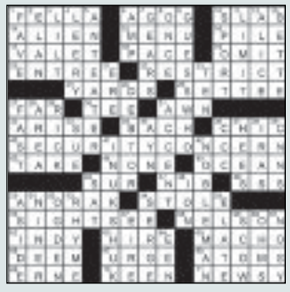
See today's answers at metronews.ca/answers.
**BY KELLY ANN BUCHANAN**



**Across**
1. Orange covering
5. Shoe type
9. Feigned flattery
14. Interest __
15. Famous spy, Mata __
16. __ _ (Not difficult school course, in slang)
17. "Say it __ so!"
18. 1997 Radiohead album: 2 wds.
20. Cuisine of Quebec: Tourtieres are what?: 2 wds.
22. In jeopardy: 2 wds.
23. Suffix with 'Auction'
24. Unfeigned
25. Beginning of Longfellow's poem Evangeline: A Tale of Acadie... "This is the __ __."
32. Cock-a-doodle-doo time
33. Goo Goo Dolls hit
34. Singer Ms. Mouskouri
35. Switch selections
36. Triangular spicily-stuffed pastries
39. Single
40. Many a moon
42. Ho Chi __ City
43. Lazybones
45. Garlic press, and others: 2 wds.
48. Phoned
49. Texter's "Are you serious?!"
50. Happen
53. Band that covered Joni Mitchell's song "This Flight Tonight"
58. Type of agent: 2 wds.
60. Repeat
61. The J. __ Band
62. Cosmetics company
63. Actress Ms. Gray
64. Accounting firm, __ & Young
65. Sprightlinesses
66. "You __ My Battleship!"

**Down**
1. Refined
2. Informality
3. Famous volcano
4. __ _ (What 'Flavour' in Canada has that 'Flavor' in The States doesn't)
5. Sunday performers
6. Toronto's water, __ Ontario
7. Creatures of folklore
8. Armani fragrance, Acqua Di __
9. Nose part
10. Ms. McTeer (Wife of 16th Prime Minister Joe Clark)
11. Sparkling wine city of Italy
12. Whiskey grains
13. Mr. Wahlberg
19. Ms. Tomei of movies
21. Friends, in slang
24. Country songstress Ms. Yearwood
25. Mushrooms, as examples
26. Commencement
27. "Bad __" by Blue Rodeo
28. Pitchfork part
29. Bank safe
30. Author Ms. Rice's
31. Hideaway
32. Drench
37. Betters
38. Greek alphabet's 'S'
41. Monk's manuscripts
44. Donald Sutherland movie, "Six __ of Separation" (1993)
46. Most hearty
47. Amounts in egg cartons
50. Cheer on
51. Not ever, poetically
52. Gladly
53. Place for pews
54. Perched on
55. Stockings shade
56. Watered down
57. Use the car's horn
59. Pencil's noise-on-desk sound

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | 8 | | | | | 4 |
| | | | 3 | | | | 5 | 7 |
| 3 | 5 | | 2 | | | | | |
| | 6 | | 7 | 4 | | 1 | | 9 |
| | | | | | | | | |
| 4 | | 9 | | 2 | 5 | | 8 | |
| | | | | | 9 | | 7 | 6 |
| 8 | 4 | | | | 2 | | | |
| 7 | | | | | 8 | | 3 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 3 | 8 | 5 | 1 | 4 | 6 | 7 |
| 6 | 4 | 7 | 9 | 2 | 3 | 5 | 1 | 8 |
| 5 | 8 | 1 | 4 | 7 | 6 | 9 | 2 | 3 |
| 4 | 7 | 5 | 6 | 1 | 9 | 8 | 3 | 2 |
| 9 | 3 | 2 | 7 | 4 | 5 | 1 | 9 | 6 |
| 1 | 6 | 9 | 2 | 3 | 8 | 7 | 5 | 4 |
| 3 | 1 | 4 | 5 | 8 | 2 | 6 | 7 | 9 |
| 9 | 2 | 8 | 1 | 6 | 7 | 3 | 4 | 5 |
| 7 | 5 | 6 | 3 | 9 | 4 | 2 | 8 | 1 |

## Weather

| TODAY | FRIDAY | SATURDAY |
|---|---|---|
| MAX: 21° MIN: 8° | MAX: 25° MIN: 13° | MAX: 21° MIN: 9° |

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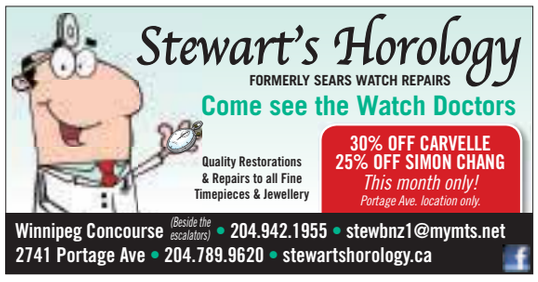
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S

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- Available Push Button Start and Smart Key Entry

- Responsive Dual VVT-i engine

- Available CVTi-S transmission with Paddle Shifters for a sporty driving feel

- Stylishly accented Chrome Exhaust Tip

- Sleek, compact LED headlamps

- 6.1" Touchscreen Display Audio with Bluetooth, USB Audio Input, Voice Recognition and Backup Camera

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